

Help our organization be a Children's Mental Health Matters! Community Champion!

Friday, May 7, 2021 is Children's Mental Health Matters! Green Day

You are encouraged to wear something green to raise awareness of the importance of children's mental health.

Fast Facts about Children's Mental Health

Mental health impacts:

- How we feel about ourselves
- How we relate to others
- How we handle new, stressful, and challenging situations

One of every five children experience a mental emotional or behavioral health problem before age 18.

Up to 70% of school-aged children with a diagnosable mental illness do not receive treatment.

Early intervention is the best way to prevent long-term or severe conditions into adulthood.

Mental health is something everyone has, regardless of age, gender, race, culture, income, or education. Mental health awareness helps all children have opportunities to be successful in school, at home, in the community, and in their future adult lives.

Children's Mental Health Awareness Week is a great time to learn ways to support children's mental health and how to recognize signs of mental health problems.

Sunday May 2: Watch for our Children's Mental Health Coloring Champions on social media.

Monday May 3: Inside Out Activity – Watch the Pixar movie Inside Out and talk about the emotions characters with your family.

Tuesday May 4: Today I Feel... Talk to your students or family about what today was like for you.

Wednesday May 5: Family Dinner – have a family discussion about diversity and inclusion around the dinner table.

Thursday May 6: Honor Teachers and Parents Day – How do you manage stress and wellbeing?

Friday May 7: Go **GREEN** Day – Wear **green** today to raise awareness of the importance of children's mental health.